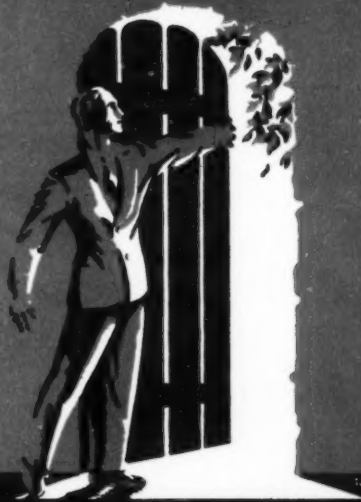


# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



*Revealing the way to*  
HEALTH, HAPPINESS and PLENTY

October, 1935

*\$1.00*  
A Year



## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

September 20 to October 19

*Through Christ my mind is an open channel for a mighty influx of divine ideas that find free expression through me.*

*My mind is cleansed by Christ;  
My life flows swift and strong;  
The peace of God wells up within,  
My soul bursts forth in song.*

*The spiritual ethers are filled with plenty: prosperity is in the air and I have abundance for every need.*

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Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business*, *Progress*, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

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# UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

## THE WAYS

To every man there openeth  
A Way, and Ways, and a Way.  
And the High Soul climbs the High Way,  
And the Low Soul gropes the Low,  
And in between, on the misty flats,  
The rest drift to and fro.  
But to every man there openeth  
A High Way, and a Low.  
And every man decideth  
The Way his soul shall go.

—*John Oxenham.*

*(Reprinted by courtesy of the author.)*



## GOD IS THINKING OF YOU

All day long God's thinking of you—

You are understood!

He is thinking, understanding,

Thinking thoughts of good.

Sometime soon you'll cease all thinking

Evil thoughts and sin,

And of God be ever mindful—

Of your God within.

All the day and night He's thinking

Loving thoughts of you,

Always thinking of perfection,

Thoughts both good and true.

Thinking thoughts of you forever

He will never cease,

Ever sharing thoughts with you, friend,

Sharing thoughts of peace.

Just as if He had no other

Child to love, adore,

He'll be always thinking of you,

Thinking evermore.

Higher, higher will He draw you:

On the heights you'll find

Omnipresent good in splendor

If you've God in mind.



## THE SECRET PAVILION

THOSE WHO ascend higher and higher in spiritual understanding and consciousness find the sanctuary of God's love. They find the "secret place of the Most High" where they abide in the presence of God secure from all adversity. In His presence they escape from sin, evil, fear, disease, and lack.

In the 27th Psalm we find: "In the day of trouble he will keep me secretly in his pavilion." We find herein the specific information we seek in regard to a place of refuge in God. When is it available to us? When we need it, when we want a place of refuge. Where is it? None but God and us know, because it is secretly prepared, hidden away from those whom we call enemies or that which we believe destroys our peace of mind.

The secret pavilion where God secretes us from the world is an inner temple far from the eyes of our fellow men. It is the place to which we repair when in prayer. It is truly the holy of holies. It is the sanctuary in the innermost place of our being, where we find God and lose our personal self when in contemplation of Him. In the innermost realms of His love God will take care of us. He will keep us where no adverse thought can reach us. He will secrete us in that inner chamber where no harm can penetrate.

So you see that it is highly desirable that we find the way to the secret pavilion. It is at once a fortress,



a place of retreat, a sanctuary, a source of reinforcement and power. Living in His secret pavilion, God provides for us. He supplies us with peace, joy, love, health, and abundance. No good will be withheld from us when we abide in His presence.

Where is the secret pavilion? Where God is. Wherever we can realize His presence, there He abides. In the midst of what we term trouble, we have but to realize that we are in the midst of the secret pavilion. In situations where we seem to be carried away by adversity, we need to know that we are transported through God's love to that pavilion where no harm can abide. When disease seems to be about us, we need but know that God's love infolds us. We need but know that His pavilion shelters us from all the claims of disease, and there we abide in the consciousness of health.

What is all the world seeking? Peace, love, joy, health, freedom! These can be found only in God. His secret pavilion is the treasure house whence we draw whatever blessing we need and desire. As we ascend higher and higher in spiritual consciousness, the way is made clear to us. The location of the secret place is revealed to us. We know the meaning of having God share a secret with us. We find out what it means to live detached from adverse thought, secure in the realization that in Truth we live in God's presence in His secret pavilion.

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Students of Truth practice holding the silence or living in prayerful realization of the presence of God. They know that prayer is a vestibule to God's presence and to that secret holy place where there is naught but God and themselves. The higher truths of being are revealed to them and they go forth preaching the absolute, God as omnipresence and omnipotence.

Living in the world but not being of it (that is, not letting it master us) is the position we find ourselves in in our life's experience. We can see the necessity of fortifying ourselves against the adverse thought of the world. We can see why we must find the place where we may be secure from that worldly and adverse thought which would swerve us from the Truth of God—the truth about our peace of mind, health of body, salvation from fear and want.

The secret pavilion is something the other fellow cannot discover for you. He may be able to point out the general direction to you, but to you belongs the joy of finding it for yourself. Your attention must be turned from the opposite direction—the road that leads to sin, evil, adversity, fear, and want. You must about-face and look toward God. You must direct your every thought to that inner place at the heart of your being where you instinctively feel that God is to be found.



## THOROUGHNESS

THE OLD adage "Whatever is worth doing at all is worth doing well," usually applied to daily tasks, applies with equal force to prayer and metaphysical treatment. Certainly our mental and spiritual work requires thoroughness as much as physical or manual work does. We need to be thorough in prayer, thorough in treatment if we are to hope for thoroughness in results, demonstration, and answer to prayer.

When Jesus healed the deaf man, the people exclaimed, "He hath done all things well." His mastership demanded thoroughness of Him in all that He did, because it provided Him with the understanding of how to do all things thoroughly. He prayed thoroughly because He thoroughly understood the science of prayer. He was thorough in His faith because He did not believe in anything other than the goodness of God.

If you are not thorough in what you do, if prayer to you is more or less a hit-and-miss sort of a proposition, you need to check up on yourself in the same way that you would check over a sum of figures if you were assured that you had not got the right results. You need to understand the nature of prayer, to be quickened to greater faith, and to increase in the ability to hold steadfastly to the vision of Christ.

There are several ways in which many persons may fall short of being thorough. They may fail to



pray thoroughly because they do not give their attention entirely to God when in prayer. Through their lack of thoroughness they fail to reach those heights in prayer whence they can survey all their affairs in a consciousness of mastery. Through their lack of thoroughness they fail to identify themselves with God when in prayer. They fail to receive that high vision of Truth and of Christ which so impresses the soul that it endures for some time after prayer is ended.

One of the main reasons why persons are not thorough in prayer is the one that we have hinted at: their failure to give themselves entirely to Christ. We may even suspect that they pray for results instead of letting results come from their having unified themselves with Christ. Certainly if we are to expect results from prayer, we must keep our thought directed to God at all times. We must be faithful and loyal to the vision that we receive when in prayer.

You are not thorough in your metaphysical treatment, in your prayers for demonstrating health and prosperity if you let any adverse argument whatever have room in your consciousness. You must think only in terms of Truth. You must hold to Truth so tenaciously that you cease to believe that any contrary thought is true. You must reach those heights in consciousness where you perceive the absolute truth of that which you are trying to demonstrate.



Many persons believe that they only need to pray and then let go of their prayerful attitude. Certainly we cannot expect a few moments of prayer to suffice if we follow them with hours of negative thinking and conduct far removed from that which is proper if we are to receive the grace and blessings of God. Possibly God rewards us according to our ability to think of Him even when we are not engaged in formal prayer.

Would you not like God to think of you in this wise: "He hath done all things well"? Would you not want God to know that you are loyal to Him in all your thoughts, between prayers as well as during prayer? Do you not think that if you would keep your heart centered upon God and Truth through all your waking hours, you would receive the answer to your prayer sooner than you ordinarily do? Possibly you little know or suspect how the flippant and adverse thought or word neutralizes the effect of otherwise meritorious prayer. Possibly you have felt that prayer was something far removed from your ordinary thinking, speaking, and living.

Thoroughness in prayer calls for loyalty to God at all times. If in prayer you claim that God is all in all in your life, powerful to give you the blessing you seek and need, then when you are out of prayer God is still all in all to you. In this case evil in no guise or form has power in you or in your affairs.

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## THEY WHO TROUBLE THEMSELVES

**H**AVE YOU ever seen some one shoot at one object and hit another? Likewise, have you ever known a person giving vent to his feelings of unkindness by trying to hurt another only to hurt himself in doing it? If you have, you know with Solomon that "he that is cruel troubleth his own flesh." You know that the person who tries to harm another by his malicious thought, word, or deed finds that he himself is the only object of his venom.

One of the greatest provisions of Divine Mind is that of not permitting any person to harm another. The harm-bearing person is like the poison-bearing insect whose sting is fatal to itself. Its venom becomes the source of its own eradication. Its cruel sting destroys its own flesh.

When next you are tempted to be cruel in your relations with another, just ask yourself who will be the object of your cruelty. Ask yourself if you want to trouble your own flesh. Ask yourself if you want to sting yourself with your venom. Ask yourself if engendering hatred and ill will is worth the effort and the work of clearing up their results in your own consciousness and flesh.

Your feeling of dislike for another should not be interpreted as calling for overt expression of your dislike for him. Such a feeling is but a challenge to you to overcome it with love and good will. Can you meet such a challenge? When you have a feel-



ing of hate for another, can you rise to that spiritual height where you can express love for him?

You will go on experiencing dislike, ill will, hatred, envy, jealousy, and revenge until you meet the challenge. Until your thought is transmuted into mastery and love, your mind will be given to unloving thought and the temptation to try to harm others. You will experience dislike for others and its twin, "self-troubling," until through the higher consciousness of love you root dislike out of your mind.

They who trouble their own flesh consume the mental poison they engender for others. Others may not even know of their dislike for them and may only be able to witness the trouble for themselves that they produce. Certainly a common sight is that of the harmful results that an individual brings into his own life through his adverse feelings toward his fellow men. Truly he troubles his own flesh because he does not know the mental law of cruelty.

The Bible is full of admonitions to be merciful. The merciful person is not merciful only toward others. He himself gets most of the benefits of being merciful. His consciousness is helped through his mercy. The merciful person cannot be cruel, neither does he trouble his flesh through cruelty. His mercy first of all benefits himself. Only the overflow is shed upon others.

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unwittingly. They little suspect that their cruelty will fall short of its mark when intended for others. They are often surprised when the cruel deed they commit comes back to them like a boomerang. So shall their cruel word be that goes forth out of their mouth. It shall not return unto them void, and it shall not accomplish that which they intend but shall succeed in returning to trouble their own flesh.

How foolish it is for us to think that we can advance ourselves by being cruel to others! How fallacious for us to think that we can avoid troubling our own flesh when we hope to trouble that of others! The anger-laden mind but inflames itself. The hard-hearted individual but makes his own heart more stony.

The study of Truth has worked miracles in the lives of many persons. It has transformed them. It has caused them to see that malice and cruelty have no value in Truth. It has turned them to love and to the fruits of love. It has healed troubled flesh by converting cruel minds into minds of love. It has healed disease because it has plucked the thorn out of the flesh. This thorn sometimes is just such an adverse thing as the thought of cruelty to others. Can you not see that mercy toward others becomes in turn healing to your own flesh, even as your cruelty to others troubles your own flesh? Remember to be "merciful, even as your Father is merciful."



## SUFFICE IT TO KNOW

We need not know what Christ will do  
To prove to us that He is true;  
We need not wonder how or where  
He'll find the way to answer prayer;  
We need not question ways divine  
He'll open for thy prayer and mine.  
Suffice it that He'll find the way  
If we are faithful when we pray;  
Suffice it that His ways are best  
When we are put to trial and test;  
Suffice it that not "how" or "where"  
We know—just that He answers prayer!

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TUESDAY, OCTOBER 1

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*The freedom of Christ in me is now expressed in me as my own perfect freedom.*

WHAT IS THERE in your life that can enslave, bind, or limit you? Do you think of something other than Christ as having presence or power in your life? Do you think that persons or external things can enslave you? Turn away from all thought of bondage to the truth that Christ lives in you as your freedom. His freedom is the freedom that sets you free from every enslaving thought. When you are aware of His presence and know that He is all in all in your life, you can no longer be in bondage.

Nothing can enslave you but your own ignorant belief. Your belief in bondage acts as a force of self-hypnosis and you become enslaved by your own thought, not by the force of any external agent. When you correct your thought about bondage and accept the truth about your freedom in Christ, you are free.

Christ in us sets us free when we no longer entertain a belief in bondage. He frees us when we remove the mental barriers to freedom.

*If therefore the Son shall make you free, ye shall be free indeed.—John 8:36.*



## WEDNESDAY, OCTOBER 2

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*The mind of Christ—the mind of wisdom, peace, joy, love, health, and plenty—now expresses itself through my own mind.*

**T**HINK OFTEN of your mind as being unified with the mind of Christ. In no other way can you think the thoughts of Christ. To unify your mind with His you must give up adverse thoughts in exchange for thoughts of Christ. You must give up thoughts of ignorance, inharmony, sorrow, hate, disease, and lack if you would identify yourself with the mind of Christ—the mind of wisdom, peace, joy, love, health, and plenty.

We find the mind of Christ only through spiritual consciousness. This consciousness is all we have that can identify us with Christ. It is the only thing that can direct us to Christ within us and cause us to think His thoughts after Him.

When you find yourself thinking in terms of negation and adversity, turn to Christ. Cease thinking thoughts repugnant to His mind if you would identify yourself with it. You cannot think thoughts of fear, disease, and lack if you hope to unify yourself with the consciousness of love, courage, health, and plenty.

*We have the mind of Christ.—I Cor. 2:16.*



## THURSDAY, OCTOBER 3

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*The peace of Christ within me now pervades my world and I am established in peace.*

WHEN THINGS of the world appear to be in a state of inharmony, turn to the peace of Christ at the center of your being. If you want peace, do not think thoughts of inharmony and confusion. The peace of Christ can be established in your heart and in your environment only after it has been established in your mind.

The individual who finds a lot of inharmonious conditions in his world is never at peace with Christ in his heart. He has not found the source of harmony. He has not found that Christ is all in all in his world. He believes that there is some presence and power other than Christ, something that can and does prevail against the harmony of Christ.

Would you be peaceful? Would you have your life and your world filled with naught but peace? But one thing is necessary: you must be peaceful in mind. You must think thoughts of peace to the exclusion of all else. Your entire thought must be established in Christ as peace.

*My people shall abide in a peaceable habitation.—Isa. 32:18.*



## FRIDAY, OCTOBER 4

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*Every adverse thought in my world is now silenced because Christ is enthroned in my heart.*

**D**O YOU allow yourself to have regular periods of time for silent prayer? Do you know that by turning to the presence and power of Christ within you you find every adverse thought silenced? When things of the world seem to be clamoring with noise and distraction, you have but to turn in silence to Christ in order to be relieved. You need but engage in silent prayer in order to feel the presence of Christ.

There is comfort and courage in the great place of silence within us where Christ abides. What a privilege it is for us to know that through silent prayer we sever connections with unpleasant situations and unify ourselves with Christ! What a joy to be able to enter the silence and enter the presence of Christ!

When we know that Christ is within us, all things of the world about us become subject to Him. He silences the voice of adversity, the cry of noise, all unpleasant sounds.

*Jehovah is in his holy temple: let all the earth keep silence before him.—Hab. 2:20.*



## SATURDAY, OCTOBER 5

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*Christ in me is ever just and inspires me to  
act justly in all situations.*

THE KEYNOTE of our daily lesson is justice. As we meditate upon the statement for today our thought will be turned away from injustice and all inclination to be unjust in our dealings with others. We shall not be tempted to be unjust when we have reached the consciousness of justice and given our entire thought to it. Dealing justly will become as natural to us as breathing when we live in spiritual consciousness.

Quite often man thinks that he will profit if he is unjust toward others. He needs to see that his profit and success must come through justice and righteousness.

Some men believe that they have a right to be unjust to their fellows. They take a superior attitude toward them and become tyrannical. They fail to realize that God alone is judge and justice and that He is always good and fair and true. What a responsibility He relieves us of when He teaches us that we do not have to judge others and pass judgment upon them!

*Jehovah is exalted; for he dwelleth on high: he hath filled Zion with justice and righteousness.—Isa. 33:5.*



## SUNDAY, OCTOBER 6

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*God, the law of my life, has now set me free from all belief that I am in bondage to so-called laws of adversity.*

**T**HINK OFTEN of God as law, principle. By doing so you will come to think of Him as all in all and as the one and only law of good. You will come to know that good alone is based on principle and that evil has no such foundation. You will find that you can correct your thought about evil just by meditating upon the allness of the principle of good.

When you think of evil, disease, and misfortune as sustained by law, when you believe in evil as having a basic principle back of it, you think contrary to the truth of one God and one law of good. When you believe that there are laws at work contrary to Truth and to God, you show that you believe that God has a rival or competitor.

We prove that evil has no law back of it when we are conscious of the working of the law of good. We prove that God as law alone has power when we see Him putting to flight the effect of any so-called "law" of adversity.

*The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.—Rom. 8:2.*



## MONDAY, OCTOBER 7

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*I am not afraid of persons, things, or circumstances. Christ is ever with me.*

**D**O YOU FEAR? Do you find yourself slipping into a subconscious fear? Do you have an indefinable fear of other persons and things in the world? If you do, you need to turn in thought to Christ in the midst of you. You need to cease thinking that persons and things have power over you and to think the truth that Christ is ever with you as indomitable courage.

The person who is afraid has his thought centered in the wrong thing. He thinks of the world about him as having power over him. He needs to realize that through Christ within him he has power over the things of the world. He needs to know that Christ is ever with him. When Christ is with us, nothing in the world can prevail against us.

There is but one way to get rid of fear; that is by filling our mind so full of Truth—courage—that it has no room for thoughts of fear. If we keep our thought upon Christ, we cannot be afraid. If we keep thinking Truth, we find ourselves becoming fearless and courageous.

*I, Jehovah thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee.—Isa. 41:13.*



## TUESDAY, OCTOBER 8

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*The love of Christ inherent in me makes me kind and loving toward all persons at all times.*

WHEN we are unkind, our mental attitude keeps us from identifying ourselves with Christ. Our unloving thought acts as a barrier to the love of Christ. We cannot be unkind and at the same time expect to unify ourselves with the love of Christ and experience His love.

The love of Christ within us causes us to be loving in all situations. Nothing of the world about us, nothing that other persons say or do can make us unloving when we realize that we are one with Christ and His love. We keep unkindness out of our world when we keep it out of our thought. We bring love into manifestation and visibility when we identify ourselves with the love of Christ within us.

The supreme command of Jesus is to love. He offers love to us as the solution of all our problems and difficulties. He gives love to us as healing power. He sheds love upon us when we are self-hypnotized by hate and fear. He causes us to think of love when we would think unloving thoughts.

*A new commandment I give unto you, that ye love one another.—John 13:34.*



## WEDNESDAY, OCTOBER 9

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*I cannot be impatient under any circumstances since Christ in me ever inspires me to be patient.*

THE IMPATIENT man is one who has not found Christ. He has not learned to rely upon Him. He becomes so concerned about the state of external things that he loses sight of Christ. He is impatient because he believes that the things of the world in some way are conspiring against him and he feels that disaster will come before help can arrive.

If you are inclined to be impatient, learn to turn to Christ. When you feel the first symptom of impatience, direct your thought away from the situation and think of the peace, certainty, and mastery of Christ. Cease to think of persons, things, and events in the external world as having power to throw you or your affairs into confusion. Give yourself and your affairs into the keeping of Christ.

Let Christ symbolize patience to you. Read of His life and see how He exercised patience in all situations. He had the abiding faith and inner conviction and assurance that all was well. He felt at the heart of His being that His Father was taking care of Him.

*Patience in well-doing.*—Rom. 2:7.



## THURSDAY, OCTOBER 10

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*I am free from all worry and anxiety. I  
know that in Christ all is well.*

THE PERSON who worries needs to turn often to Christ. He needs to give up the habit of worrying for the very good habit of turning in thought to Christ. He needs to find through prayer the realization that Christ is taking care of him and all that he has. He must realize that all is well when Christ is in charge.

"Do not worry!" how often we say this to others in need, and they in turn advise us in the same way! When we tell some one not to worry, we should give him some help to keep him from worrying. We do not believe that not-worrying is a state to be arrived at by will power alone. It would be rather difficult to keep ourselves in an attitude of mind in which we just deny worry out of mind.

The way out of worry is to substitute something for worrying, to occupy the mind with something that leaves no room for worry. That something is trust in God, an abiding conviction that all is well. If we have in mind the assurance that God is taking care of us, we shall suddenly find ourselves believing that all is well with us and our world.

*Be not therefore anxious.—Matt. 6:34.*



## FRIDAY, OCTOBER 11

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*I cease to believe in evil since I contemplate the omnipresence of God, the good.*

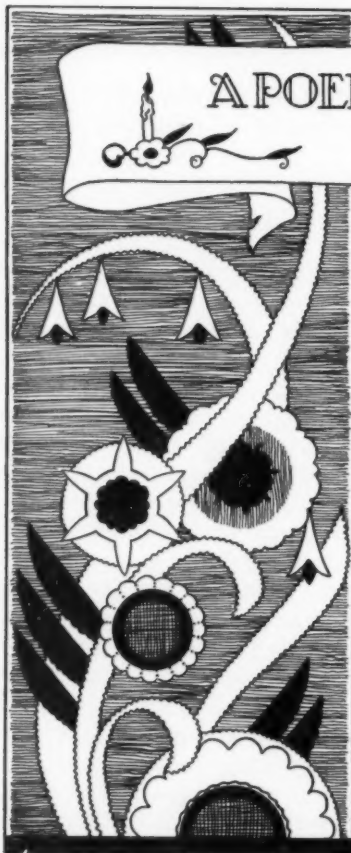
**D**O YOU really believe in God's omnipresence or do you believe that something else shares His presence? Do you think of evil as something that exists in Truth besides God, the good? Do you believe that God is all in all in your life or do you think that some rival of God sometimes works against God?

Evil will seem to prevail in your life as long as you allow the belief in it to prevail in your mind. Evil will appear to occupy a place in the allness of God as long as it occupies a place in your consciousness. You can see that the matter of your enjoying the omnipresence of God depends upon your keeping any belief in evil out of your thought. God can be omnipresent to you only as you know the truth of His omnipresence.

In Truth there is only God, good. Were we to keep our mind centered upon Him, we should not know evil. Were we to think of God at all times and not try to imagine some opposite of Him, we should have naught but God in our life.

*Thou that art of purer eyes than to behold evil . . . boldest thy peace.—Hab. 1:13.*





## A POEM ON A FRIEND BETH DOES H

Each year is but a steppingstone  
To lift your foot as straight  
What greater blessing can be  
Than higher path forever ne

Each glowing day as to the fire  
Of youth that burns within y  
It lights your way to truth and  
And leads you onward toward

Each moment brings you happiness  
Within your heart forever sp  
The joy that is eternal bliss  
And ne'er dependent on outer

Each year, each moment, and each day  
Are signboards showing that you  
Your growth upon the Master's  
You know the Truth and yo



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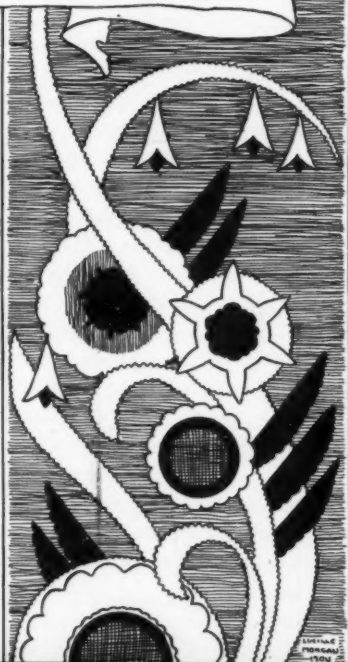


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## SATURDAY, OCTOBER 12

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*The life of Christ within me now becomes visible and manifest as my own life.*

CHRIST within us is our life. If we seem to be lacking in animation and energy, we have but to turn to Christ. We give up all belief in limitation of life, insufficient life, weariness, and weakness. We accept the truth that Christ is our life and we are one with Him.

The measure of your life depends upon how you measure it in thought. If you place a limitation upon it, your measure of life is limited. The capacity for life that you enjoy depends upon how much of life you accept in consciousness. You can see that if you seem to have a small amount of life, you may know that you have been receiving but a limited amount of it in consciousness.

Christ is your life. Think of Him as living within you. Think of His life as filling you to the uttermost. Become so conscious that He lives within you that you are no longer conscious of any limitation of life. Become so filled in consciousness with life that you find your whole being impregnated with life.

*Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—II Tim. 1:10.*



## SUNDAY, OCTOBER 13

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*My joy ever increases as I increase in the consciousness of my oneness with Christ.*

REJOICE OFTEN in the knowledge that Christ lives within you and that He is the source of your joy. If you will but keep this in mind you will not allow external things to take your joy from you. Joy that is centered in Christ is constant. The joy of Christ cannot change or be affected by things of the world.

If your joy is established in Christ, you will not be affected by the condition of things about you. They will not have the power to make you either happy or sad. Their change of condition will not change your joy. You will find that they no longer have power to dictate to you whether or not you are to be happy or sorrowful.

The joy of Christ exists where Christ abides—at the heart of our being. Were we always to have our thought upon His presence, we should always be sure of being joyful. Were we always thinking of His supremacy over things of the world, we should be certain that they had no power over us, no power to take our joy from us.

*That my joy may be in you, and that your joy may be made full.—John 15:11.*



## MONDAY, OCTOBER 14

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*The Truth of Christ now implanted in my consciousness sets me free from every misconception, ignorance, and error.*

WHEN the Truth of Christ is implanted in your consciousness, it neutralizes the effect of any adverse thought. You cannot have in your mind a misconception about life or about your relation to God when the truth about life is implanted there. You can see that you cannot believe a lie and at the same time believe the truth. You cannot entertain the thought that disease is true of you and at the same time have in mind the truth about your health.

Jesus brought the Christ message of Truth in order to free men from misconceptions and delusions. He brought the Truth from heaven in order to reveal to men their likeness to things heavenly. He brought them the Truth in order to free them from the malice of race beliefs. He knew that His Truth would neutralize the false beliefs about ignorance, fear, sorrow, hate, disease, and failure that they had been entertaining.

The Truth of Christ is man's salvation. By it he is saved from the pernicious effects of ignorance.

*Grace and truth came through Jesus Christ.—John 1:17.*



## TUESDAY, OCTOBER 15

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*I am now established in the truth that heaven is within me, where Christ abides, and I too am in heaven.*

**D**O YOU think of heaven as some state to be reached by death or some place to be found in the future? Do you believe that you must fail to live in order to succeed in finding heaven? Do you think that heaven exists in some distant place and is to be reached only when you fail to live successfully here?

Man has ever delayed reaching heaven and living in it because he believed that in some wise he was limited by time and space. He believed that heaven existed in the future and in the distance. He believed that he could not reach it save through the door of death. He believed that heaven, the richest prize of all, came to him as a reward for failing to live!

Know the truth that heaven is a harmonious state of mind and that it exists at the heart of your own being. Heaven is the abiding place of Christ. We find that our environment takes on the character of heaven.

*Seek ye his kingdom, and these things shall be added unto you.—Luke 12:31.*



## WEDNESDAY, OCTOBER 16

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*Christ at the heart of my being ever inspires me to be exalted above every earthly limitation.*

**D**O YOU believe that things of the world can debase you and cast you down? Do you think that things of the external world can keep you from being exalted to the consciousness of Christ and high heaven? Do you know that when Christ within you is lifting you up, nothing in all the world can cast you down?

Christ within us is ever a source of inspiration. His Spirit ever seeks to exalt us above every human belief in limitation. Nothing can cast us down when He lifts us to His consciousness of exaltation and spiritual ecstasy. Nothing in all the world can bind us to things earthy when Christ would lift us to spiritual heights.

Our lesson in spiritual exaltation today helps us to rise above that which has claimed to hold us down. We deny its claim. We know the truth that we are not under bondage to any limitation. We realize that in Truth we exist with Christ on the spiritual heights. We can never again allow ourselves to be cast down by mistaken beliefs.

*Even so must the Son of man be lifted up.—John 3:14.*



## THURSDAY, OCTOBER 17

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*The power of Christ in me convinces me  
that sin, evil, and adversity have no power  
over me.*

IN TRUTH Christ is omnipotent. This means that sin, evil, and adversity can have no power over us. It means that no form of evil can prevail against us; it is without power, being rendered powerless through the Christ consciousness of power.

Do fear, disease, and hate seem to exercise power over you? Do things seem to prevail against you? Do you find yourself in a state where external things appear to be against you? You need to know more of Truth and to meditate upon the all-powerfulness of Christ, the omnipotence of peace, good, love, health, and plenty.

When things seem to have power over you, you may know that you believe the center of power to be external to you. In Truth you discover that the center of power is within you and that it is Christ! This mighty truth sets you free from all belief that power is apart from you or external to you. When you know that Christ is within you, you cannot believe that things evil or external to you can have power over you.

*The upright shall have dominion.—Psalms 49:14.*



## FRIDAY, OCTOBER 18

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*I relax mentally and physically from all tension because I abide in the presence of Christ.*

THOSE who become tense in mind and in body do so because of adverse thoughts. They think thoughts contrary to Truth and consequently mind and body are thrown into confusion. They think thoughts of inharmony, fear, resistance, and tension and have difficulty in relaxing mentally and physically.

If you would relax, look to your thinking. Cast out of mind any thought that interferes with relaxation. Especially see to it that you do not entertain thoughts of resisting other persons and things. Cease to be combative. Move along with life instead of trying to move counter to it. Learn to cooperate and to harmonize with other persons. Cease to oppose things and circumstances. Relax!

Only by relaxing in mind can you expect to relax in body. Since your thoughts control your muscles and nerves, you can relax these only by relaxing in mind. Tense muscles and taut nerves indicate the presence of fear in the mind.

*They rest in their beds, each one that walketh in his uprightness.—Isa. 57:2.*



## SATURDAY, OCTOBER 19

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*The light of Christ shining at the heart of  
my being illumines and inspires me.*

**D**O NOT think of yourself as in ignorance or darkness. The light of Christ is within you and you cannot lack wisdom and illumination. The light of Christ is the light that shows you what is for your highest good. It reveals to you all that you need to know. It discloses to you heretofore hidden blessings.

The illumination of Christ within man is that light which came with him at the time of his creation. It is the light that illumines his way in all his earthly experiences. This light is heaven's gift to man and he carries it with him at all times and in all situations.

The light of Christ within us discloses to us all the information we need. It helps us to solve our problems and to simplify our difficulties. It helps us to make a success of life. It sheds its rays upon the dark spots of our pathway and our way becomes illumined and clear.

Take Christ within you as your light and you cannot abide in darkness. Live in the conscious realization that He lives within you.

*Jehovah is my light.—Psalms 27:1.*



AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

October 20 to November 19

**Illumination**

*"There is a spirit in man,  
And the breath of the Almighty giveth them  
understanding."*

**Healing**

*"If a man keep my word, he shall never see  
death."  
"I am the resurrection, and the life."*

**Prosperity**

*"So is he that layeth up treasure for himself,  
and is not rich toward God."*

*"Consider the lilies, how they grow: they  
toil not, neither do they spin; yet I say unto  
you, Even Solomon in all his glory was not ar-  
rayed like one of these. . . . Fear not, little  
flock; for it is your Father's good pleasure to  
give you the kingdom."*

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## SUNDAY, OCTOBER 20

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*The healing presence of Christ within me  
now eradicates from my body every evi-  
dence of disease.*

**T**URN your thought away from all belief in disease. No longer think of it as some presence or power that abides in you. Know the truth that the healing presence and power of Christ now raises you to Christ's consciousness of health. Disease cannot be something in you or in your life when your entire thought is upon the healing presence and power of Christ.

As you meditate upon Christ within you, you will observe evidences of His presence expressed in you as health. Disease cannot live in the presence of Christ. You cannot even think of or believe in disease when you give your thought to the truth of His healing presence. Disease will cease to be something when you behold its nothingness in the great omnipresence of Christ's healing presence.

Live in the realization that Christ within you heals you. Abide in the thought that His presence purifies you of all disease and strengthens you with health.

*Jehovah will take away from thee all sickness.—Deut.  
7:15.*



## MONDAY, OCTOBER 21

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*Christ is now in charge of all my affairs  
and I am prosperous and successful.*

WHEN WE put Christ in charge of our affairs, we are assured that we shall prosper and succeed. We never identify Christ with failure or lack. We know that in the Christ consciousness we shall have prosperous ideas and those thoughts that lead us into tangible prosperity.

Many persons do not prosper and succeed, because they do not acknowledge Christ. They attempt to get along in some fashion entirely by their own personal efforts and through their selfish attitude to life. They need Christ. They need the consciousness that will give them the thoughts and clues that reveal their highest good to them.

The rich consciousness that Christ shares with us is mighty to lift us out of lack and failure and restore us to our proper place in the kingdom of plenty. Christ shares His thoughts and His wealth with us, and we cannot fail. We live in His consciousness of plenty and find it on every hand. His prosperity is open to us, and we prosper.

*The Almighty will be thy treasure,  
And precious silver unto thee.*

—Job 22:25.



## TUESDAY, OCTOBER 22

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*The forgiving Christ active in me prompts me to be forgiving and I let go of every seeming hurt.*

CAN YOU forgive? Can you easily wipe from mind the unpleasant memory of what another has said or done? Can you rise to the heights of Christ forgiveness and forgive easily and thoroughly? Can you personally stand aside and let Christ in you forgive another?

Christ in us is able to forgive only when we let Him do so. If our own mental attitude is such that we are unforgiving, then we erect a barrier to forgiveness. Certainly our own mental attitude must change to one of forgiveness if we expect Christ in us to be forgiving.

Forgiveness must be full and complete. We must forgive to the point where we utterly wipe from mind all memory of a hurt. If there is even the smallest evidence of an unpleasant memory left in the mind, it will develop again and you will have something else to clear from mind.

In the consciousness of forgiveness you not only forgive easily but also find that others forgive you.

*Pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—Acts 8:22.*



## WEDNESDAY, OCTOBER 23

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*My body is now transformed into one of health and perfection, for such it is in the Truth of Christ.*

**D**O YOU think of your body as the habitation of disease or as the temple of health? Is your body something to be despised or something to be regarded as the temple of God? Are you daily transforming your body through a knowledge of Truth into that perfect body which it is in the sight of God?

If you would transform your body, correct your thought about it. Wipe from mind all belief that it is something material and unholy. Think of it as the temple of God. Look upon your body as it exists in Truth, not as it appears from the standpoint of pathology. See the perfect body of Christ appearing. See God's holy temple coming into view.

If you would take this high view of your body, you must keep your thought in Truth. No belief contrary to health and perfection must enter your mind. You must keep your thought corrected and keep the image of bodily perfection in mind.

Your body is God's holy temple.

*Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—I Cor. 3:16.*



## THURSDAY, OCTOBER 24

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*I abide today in a state of prayer, realizing my oneness with Christ within me.*

TRUE PRAYER is a conscious realization of our unity with Christ. We know that when we pray we become conscious of our oneness with Christ and His blessings. When in prayer, we partake of the good that Christ bestows upon us. We need not beg or beseech Him for that which is ours in Truth, that which He shares with us.

Do you have difficulty in praying? Draw nearer to Christ. Cease to think of the things of the external world. Think of your living with Christ and of your life as being so bound up with and united to His that there is no separation. In prayer reach that high spiritual ecstasy in which there is only your identity to Christ.

Stop many times during the day to pray and you will find your day blessed through prayer. Learn to pray wherever you are and under whatever conditions you find yourself living or working. Turn often in thought to Christ. Think often of your relation to Him and claim the blessings that He willingly bestows upon you.

*I will pray with the spirit, and I will pray with the understanding also.—I Cor. 14:15.*



FRIDAY, OCTOBER 25

*The still presence of Christ in the midst of me makes me quiet and still.*

DO THINGS of the world disturb you? Do you find that the noise of the world about you irritates you? Turn to the presence of Christ within you and find in His stillness your freedom from irritation and disturbances. Find in His presence that sense of quietness which gives you power over every situation in your life.

The presence of Christ within us conveys stillness to our souls. In this presence there is no confusion. For this reason we turn to Christ when the noise and confusion of the world seem to be breaking in on us only to find in Christ the comfort of His stillness.

Do you need more quietness in your life? Turn to Christ within you. When things of the world seem to be pressing upon you, turn to His presence of quietness and become quiet. Find in Him the relief and refreshment you seek. Conscious of the presence of Christ, you will exchange the feeling of irritation for that of quietness and silence. The stillness of Christ will pervade your whole being.

*The effect of righteousness [shall be] quietness and confidence for ever.—Isa. 32:17.*



## SATURDAY, OCTOBER 26

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*I realize that the blessings of God come to me here and now, and I am ready to receive them.*

**M**ANY PERSONS do not receive the blessing they seek or need because they think of it as coming to them at some future time. They are not open and receptive to it at the present time. They believe that their prayers will be answered in some other place and at some other time rather than right here and now.

Have you thought of now as being the only time in Spirit? In God's world there is no delay. The eternal now is the time of Spirit, the time in which the blessings of God come into manifestation and visibility. This is the time we must keep in mind when we expect our blessings to appear and when we hope to have our prayers answered.

If you live in the past or in the future, you keep yourself from enjoying the good that is yours here and now. You become so intent on living in your memory of yesterday or your anticipation of tomorrow that your blessings of the present escape you. You live in a world of illusion when you live in the past or the future.

*The time is fulfilled.*—Mark 1:14.



## SUNDAY, OCTOBER 27

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*The way of Spirit, the way wherein my highest good is to be found, is now revealed to me.*

**H**AVE YOU learned to turn to Christ within, to His guidance and direction, when you need to know which way to take? Have you discovered that there is but one way in Spirit, one way that Spirit directs you to take? Have you found that the way of Spirit is the way of your highest good, the way of peace and plenty?

The way contrary to Spirit is a way of inharmony, fear, adversity, and lack. When we go counter to the wishes of Spirit, we deny ourselves the blessings of Spirit. Spirit's way leads us into peace, joy, love, health, and plenty. When we go the way of Spirit, we find that we are attended by the Spirit of all good, and it is revealed to us on every hand.

Are you undecided about which way to take? Are you standing at the crossroad wondering which is the better road? Let the Spirit within you direct you to your highest good. Let your indwelling Spirit point out to you the road you should take, the way that will lead you into the blessings of God.

*Behold, I send my messenger, and he shall prepare the way before me.—Mal. 3:1.*



## MONDAY, OCTOBER 28

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*In true oneness of Spirit I am now conscious of my unity with All-Good.*

IF YOU are inclined to believe in separation from your good, think often of the oneness of Spirit in which you are identified with Spirit and All-Good. Cease to think thoughts that separate you from Spirit or from good. No longer try to live apart from Spirit or from the good that is rightfully yours.

In the consciousness of unity we are identified with all the blessings of Spirit. Nothing good can escape us when we are conscious of our oneness with Spirit. We cannot be separated from any good thing when we realize that we are not separated from its source.

The thought of oneness has two phases or aspects, oneness with Spirit and oneness with manifest and visible good. We find that when we realize our oneness with Spirit we cannot be separated from any good. Our identity with Spirit within us serves to identify us with the things of Spirit, manifest and unmanifest, visible and invisible.

Realize today that nothing in all the world can keep you from identifying yourself with Spirit.

*Behold, how good and how pleasant it is  
For brethren to dwell together in unity!*

—Psalms 133:1.



TUESDAY, OCTOBER 29

*I am truly thankful for every evidence of  
the goodness of God.*

LET US always be grateful and appreciative of every blessing that comes into our life. May we be thankful for every good thing that God causes to appear in our world. By our thanksgiving we cause our good to increase and our blessings to multiply.

Has some new blessing appeared in your life today? Have you thanked God for it? Do you know that your demonstration is not complete until you have done your part and given thanks? When you are thankful, you cause your consciousness of blessings to expand, and consequently new blessings appear on your horizon.

The thankful person by his attitude of mind brings new blessings into his life. He causes good to appear when it is needed. His thankful attitude causes his good to become manifest in ever-increasing measure.

Today find something for which to be thankful. Do not let the day pass without counting your blessings and giving thanks for them. Your thankful attitude of mind will reveal to you new blessings.

*Enter into his gates with thanksgiving.—Psalms 100:4.*



WEDNESDAY, OCTOBER 30

*I have faith that Christ in me is now quickening me to a consciousness of perfect faith.*

OUR FAITH is perfect and absolute only when we have faith in nothing but God. If we believe at all in the power of evil or anything contrary to God, we weaken our faith in God. We cannot say that we have perfect faith in Him if at the same time we believe to any extent whatever in some power the opposite of God.

To develop and increase our faith in God, we must think only of Him. We must believe that nothing but the good has presence, reality, existence, or power in our life. To believe in evil is to cause it to appear in our life. Our faith in good causes good to become manifest.

You can test your faith in God by your ability to believe in Him even when appearances seem to be against you. Your faith in God will not be weakened by any belief in evil when your consciousness recognizes only God.

You may know by what appears in your life whether you have faith only in the good.

*Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.*  
—Heb. 11:1 (Weymouth version).



## THURSDAY, OCTOBER 31

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*The perfection of Christ in me now appears  
as my own innate perfection becoming  
manifest.*

YOU SHOULD think often of the presence of Christ within you as that which inspires you to behold yourself as you exist in Christ, perfect and whole. Doing so, you cease to think of shortcomings or to identify yourself with them. You come to know Christ in you as your own innate perfection and you accept Him as that within you which is divine. You can see that if you know the truth about your innate divinity you cannot believe that you are imperfect in Truth.

From the standpoint of appearances, you may seem to be far from perfect, but remember that when you make the absolute statement about your perfection in Truth, you are not making it about the appearance. You are making a statement of the truth as to how God sees it, what He knows you to be.

Man develops toward perfection as he comes into a clearer understanding of Truth and perceives more clearly what he is in the sight of God. He gives up the false idea that shortcomings are true when he accepts Truth in its entirety.

*Let us press on unto perfection.—Heb. 6:1.*



## FOR YOUR FALL STUDY

• • Ernest C. Wilson's **Master Class Lessons**, just off the press, is an ideal book for systematic study. Its six lessons, based on the Master's attitude toward prayer, healing, love and happiness, and the like, are full of inspiration and practical help for the earnest student of Truth. With each lesson there is a set of questions, and the answers are listed in the back of the book. Preceding each lesson there is an opening meditation and an appropriate poem, and at the conclusion of each a summary of its message and a closing meditation. For your fall study you will find this an exceptional book. In cloth binding it is priced at \$1; in flexible binding, at \$2.

## BOOKLET IN NEW COVERS

• • **The Silence**, by E. V. Ingraham, was first published in 1925, and has since gone through many editions. Because so many people use this book we are now giving it stiff, durable covers in place of the limp paper in which it was formerly bound. The new binding is more expensive than the old, but the price of 50 cents remains the same. Mr. Ingraham has taught and lectured on the silence for about twenty-five years, and his booklet explains fully the meaning and practice of the silence.



# How to Demonstrate Prosperity



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## *brings peace and security*

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Charles Fillmore, editor of *Unity*, is the author of *Christian Healing*, *Talks on Truth*, and *The Twelve Powers of Man*, cloth-bound books priced at \$1 each; in flexible binding, \$2 a copy.

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917 Tracy, Kansas City, Missouri





## MAN: GOD'S REFLECTION

*Thou hast begotten the man in  
Thy self-born Mind, and in Thy  
Reflection and Conception.*

*He is the man begotten of  
Mind to whom Reflection gave  
form. Thou hast given all things  
to the man.*

—Fragments of a Faith Forgotten.





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